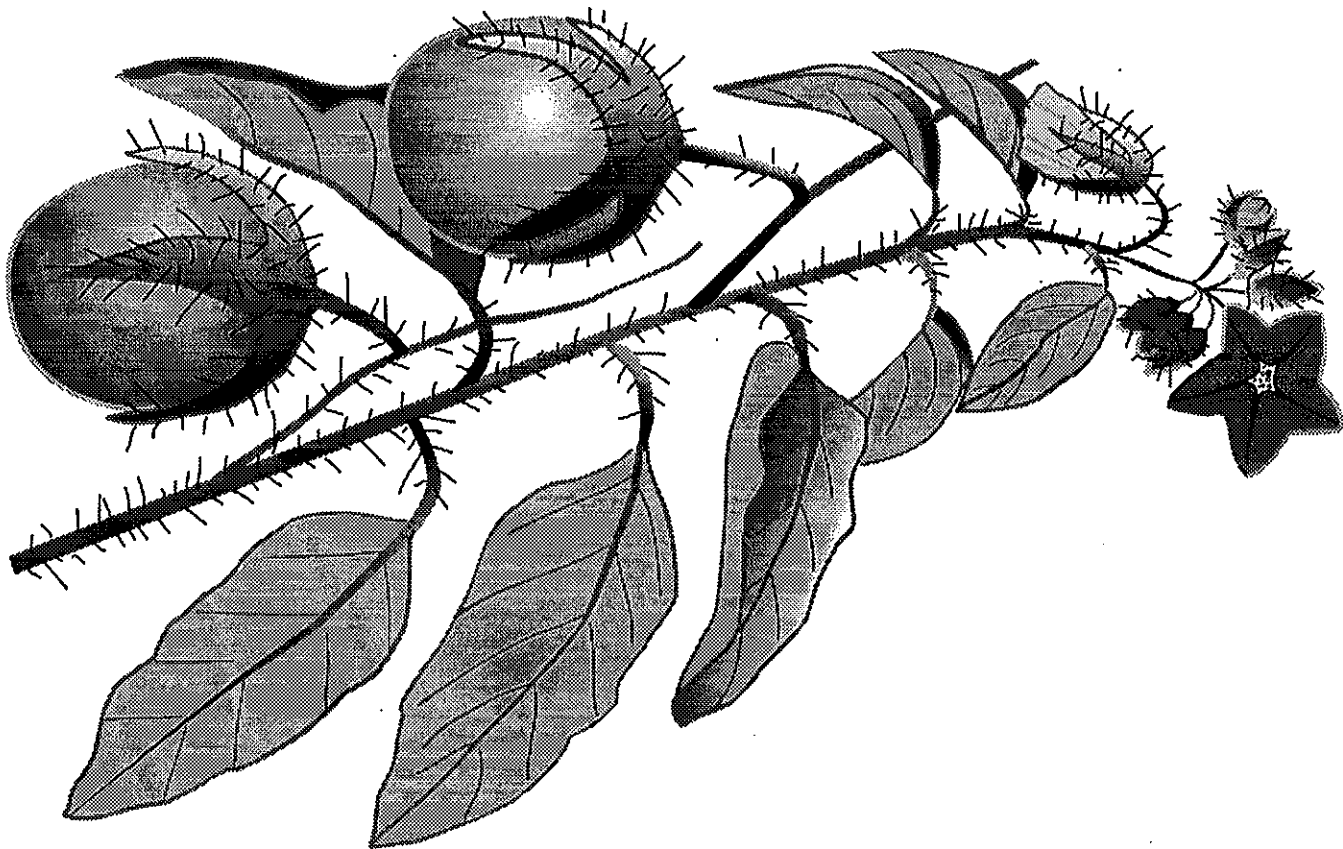


6 ACTIVITY

PLANTS FOR FOOD



Key Ideas

Many different plants can be used for food. They are called edible plants. Some plants cannot be eaten. They are called non-edible plants. Sometimes only parts of a plant can be eaten and sometimes the whole plant is eaten.

Some of the plant foods are bought at the store and some are found in the community.

Eating plant food is important to maintain good health.

Work Requirements

Students will:

- classify foods eaten as plants or animals
- classify plants as edible or non-edible
- classify plant foods eaten according to which part of the plant they come from.
- make up a chart of plant foods showing which part is eaten and how it is prepared.

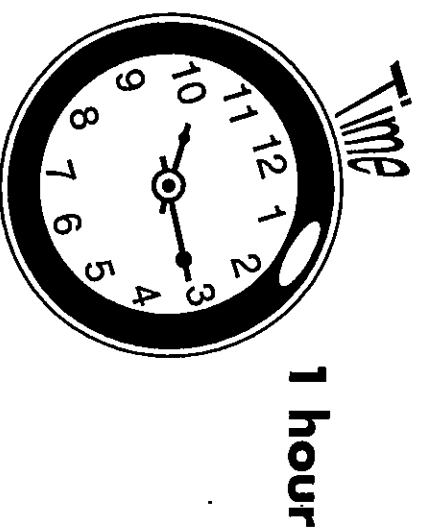
Teacher Preparation

Ask a community member to come and talk to students about which plants are edible and good for eating.

Prepare some plants for students to work on and identify.

Materials

paper
Worksheet 1
books on healthy food
pencils



Student Tasks

FOCUS

Class: List all the foods you eat.
Divide the foods into two groups – foods that come from animals and foods that come from plants.

INVESTIGATE

Class: List plants that grow in your community.
Which plants are good for food?
Individual: Look at your list of plant foods. Add your community plant foods to this list.
Find out which part of the plant is good food.

PROCESS DATA

Individual: Do *Worksheet 1, Plants we eat*.
Class: Students report orally on one plant, stating which parts to eat and how to prepare them.

EVALUATE

Discussion: *Why are plant foods healthy foods?*
Find out what is good about including plant foods in the diet.

USE SCIENCE

Discussion: How do you know which plants are good to eat and which are not?

ACT RESPONSIBLY

Individual: Look at the foods you eat.
Do you eat a lot of plant foods?

Vocabulary

food, fruit, vegetable, roots, leaves, healthy, sap, gum, diet, prepare

Language structures and features

Giving reasons

Why are plant foods healthy?

Answering question type

How do you know _____?

Genres

Oral report on a plant, which parts to eat and how to prepare them
(drawing on retrieval chart)

Identify the local plants that are used for food.
In East Arnhemland the plants are divided into two moiety groups.

CULTURAL CONSIDERATIONS • • • • •